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Destination **CARIBBEAN & ANTILLES**

Itinerary **Miami, Montego Bay, Cartagena, Colon, Puerto Limon, Isla de Roatan, Belize City, Miami**

Ship **MSC POESIA**

Departure port **Miami, United States**

Departure date **3 January 2027**

Arrival date **14 January 2027**

Duration **11**



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**Puerto Limon, Costa Rica**  
**Saturday 9 January 2027**



**PLI26 - CARIBBEAN TRAIN, ECO CRUISE & COUNTRYSIDE**



English, Italian, French, German, Spanish

Excursion details Over approximately four hours, you'll have the chance to view the vibrant landscapes along Costa Rica's Caribbean coast, navigating the Tortuguero Canals by boat and retracing the tracks of the early founders of the country's banana industry onboard a restored vintage train. It's a roughly 30-minute bus journey from the port to the pier in Moín, near Limón, the departure point for your boat tour exploring the Tortuguero Canals, the area sometimes referred to as "the Amazon of Costa Rica " for its tropical setting and rich biodiversity. You'll have around 15 minutes to make your way to the dock before taking to the water for an approximately hour-long boat ride. The Tortuguero Canals are a network of natural and human-made waterways that stretch along Costa Rica's Caribbean coast. Waterfowl are abundant here, but the canals are also home to a variety of other wildlife, which you may potentially spot during your boat trip, although sightings cannot be guaranteed. After returning to the dock at Moín, you'll have around half an hour to enjoy some fruit and even do some shopping (time permitting). Next, it's a roughly 15-minute journey to the departure point for your train ride. You'll step aboard a restored vintage train for a journey of approximately 60 minutes through Costa Rica's tropical landscape, where the railway line played a key role in developing the country's banana industry in the late 19th century. Keep an eye out for further glimpses of the country's wildlife hidden in the dense vegetation along the tracks. At the end of the excursion, a transfer drive of 30 minutes or so returns to the port. Important Information: Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Guests are recommended to wear comfortable closed walking shoes, high-factor sunscreen, insect repellent, light clothing, a hat/sun visor as well as to bring a camera and rainwear.

**Adult: € 93.00**  
**Child: € 65.00 .**

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**PLI32 - VERAGUA RAINFOREST & AERIAL TRAM**

English,Italian,French,German,Spanish

Excursion details Discover the Veragua Rainforest in an excursion lasting approximately five and a half hours, which includes gliding above the jungle on an aerial tram and walking to a waterfall. It's an approximately one-hour journey from the port at Limón to Veragua, a nature reserve that offers a mix of wildlife education and conservation experiences for visitors. Once you've reached the park you'll have about 15 minutes for an introduction at the Welcome Center. Then there's around 75 minutes to get better acquainted with the inhabitants of the reptile and frog exhibits, which range in size from large bullfrogs to amphibians as small as your fingernail. The Butterfly Garden is another highlight, where the blue morpho is the star of the show. Following this, you'll take to the air in the park's sky gondola - an aerial tram ride. You'll walk to the top station then glide down through a canopy of trees in an experience that lasts around 15 minutes. After disembarking at the lower station, it's time to explore the rainforest on a nature walk. There are a couple of alternatives here: take the hiking route to see the 20-metre-high Puma Waterfall or - for wheelchair users and those who prefer walking on a flat surface - follow the Trail of the Giants, which takes its name from the huge trees you pass on this raised wooden walkway. Whichever route you choose, you'll have around 30 minutes to explore before returning to the lower gondola station for your journey back up through the trees to the top station, which takes about 15 minutes. There's then time for an approximately 20-minute visit to the reserve's research station, before making your way to the venue's cafe to spend around 45 minutes enjoying a light lunch (included in the excursion cost) and souvenir shopping. Finally, there's a brief journey back to the Welcome Center, before boarding the bus for your approximately hour-long return journey to the port. Important Information: The tour order may vary depending on the arrival time and the number of guests at the Venue. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Guests are recommended to wear comfortable closed walking shoes, light clothing, high-factor sunscreen and a hat/sun visor as well as to bring a camera and rainwear. The tour is considered to be unsuitable for pregnant women. Some portions of the roads encountered on the tour may be bumpy and unpaved. Reaching the Puma Waterfall involves using a total of 350 steps (both ways) and walking on an uneven dirt track. This portion of the tour is optional and might be unsuitable for guests with mobility problems. An alternative river path is available that does not require the use of steps. The Veragua Rainforest Eco-Adventure is suitable for guests using a walker, manual wheelchair or a collapsible lightweight electric scooter (100 lbs/45 kg or less). Guests using such mobility aids must be capable of navigating a few steps to get on and off the coach. Wheelchairs or electric scooters will be stowed in the coach's luggage compartments and retrieved at the park for guests to use.

**Adult: € 148.00****Child: € 104.00 .**



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### PLI35 - BIRDS & NATURE AT THE BOCUARE JUNGLE HAVEN



English, Italian, French, German, Spanish

**Excursion details** This approximately seven-and-a-half-hour excursion takes you to the Bocuare Jungle, where you'll learn about traditional skills and take part in various activities, as well as enjoying lunch at the on-site restaurant. From Limón, there's a transfer of around one hour and 45 minutes to Bocuare, a resort and adventure centre packed with tropical flora and fauna, offering a glimpse of a unique ecosystem. After a brief orientation you'll set off on a roughly 35-minute hike, crossing a hanging bridge over a lagoon as you make your way along the park's bird observation trail. Offering a haven to both resident and migratory birds, Bocuare Jungle is home to many species, so keep a look out as you stroll, although sightings cannot be guaranteed. Your next stop, for around 30 minutes, is a historic sugar mill, where you'll discover how sugarcane is processed, as well as helping to extract the juice and tasting the final product. It's then a stroll of around 15 minutes over a hanging bridge to the cacao-producing station. You'll spend approximately 30 minutes here, discovering how raw beans are turned into chocolate and hearing how the cacao is dried, fermented and prepared for export. Afterwards, it's time for a dip. There's around 15 minutes to make your way to Bocuare's swimming pool and change into swimwear, before enjoying approximately 45 minutes in the water. After your swim, tuck into a traditional-style Costa Rican lunch at Bocuare's restaurant for about 45 minutes, before boarding the bus for an approximately 50-minute journey to a banana plantation. Bananas play a major role in Costa Rica's economy and history. During your visit, you'll spend around 35 minutes learning about their importance, followed by a stop at the gift shop (time permitting) before returning to the port on a journey of around 35 minutes. **Important Information:** Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. All participating guests will be required to sign a waiver which may only be available in English. The tour offers guests an opportunity to hike to the heart of the rainforest and swim in a uniquely located swimming pool. Guests are advised that wildlife sightings cannot be guaranteed. Guests are further recommended to wear light clothing, comfortable walking shoes, a hat, high-factor sunscreen, insect repellent, sunglasses as well as to bring a light jacket, rainwear, a camera, binoculars, a towel, and a change of clothes/swimwear to change into. Changing facilities are available for guests wishing to swim in the pool.

**Adult: € 92.00**

**Child: € 65.00 .**

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**PLI38 - TORTUGUERO CANALS & VERAGUA RAINFOREST ECO-ADVENTURE**

English, Italian, French, German, Spanish

Excursion details Immerse yourself in some of Costa Rica's natural wonders during this excursion. Over the course of approximately seven and a half hours, you'll go from cruising on a waterway to travelling through the treetops of a rainforest. Start with a transfer of approximately 30 minutes to the Tortuguero Canals docking area, where you'll board a motorboat for a tour of the canals, lasting about 50 minutes. The canals are sometimes referred to as "the Amazon of Costa Rica " because of their dense vegetation and biodiversity. As you sail, look out for animals and birds, as the area is rich in wildlife (although sightings cannot be guaranteed). After disembarking the boat, enjoy a snack of fresh fruit for around 15 minutes before setting off to the Veragua Rainforest adventure park, approximately 50 minutes away by coach. Once arrived, you'll spend the first 90 minutes being assigned a guide and receiving an introduction, then exploring the reptile and frog habitats and the butterfly garden. Following this is a walk to the Rainforest Café, where you'll be able to enjoy a buffet lunch and do some souvenir shopping over approximately 45 minutes. The next stage of the adventure is an approximately 20-minute aerial tram ride, which begins with a short walk to the departure station. You'll then board your open-air tram and glide through the forest canopy, which houses abundant plant life and wildlife, so keep your camera ready. Once you've disembarked, there's a short bathroom break followed by a nature walk. Spend the next 25 minutes or so following the Trail of the Giants - named after its huge trees, some over 300 years old - or hike to the Puma Waterfall. After the walk, there's approximately 30 minutes allocated for the return aerial tram ride and visiting the park's research station to learn more about the rainforest. It's then a short walk to return to the park's Welcome Center and board your bus for the drive back to the port, which lasts approximately one hour. Important Information: The tour order may vary depending on the arrival time and the number of guests at the Venue. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Guests are recommended to wear comfortable closed walking shoes, light clothing, high-factor sunscreen and a hat/sun visor as well as to bring a camera and rainwear. The tour is unsuitable for pregnant women. Some portions of the roads encountered on the tour may be bumpy and unpaved. Reaching the Puma Waterfall involves using a total of 350 steps (both ways) and walking on an uneven dirt track. This portion of the tour optional and might be considered to be unsuitable for guests with mobility problems; these guests can take the easier river path that does not require any steps. The Veragua Rainforest Eco-Adventure is suitable for guests using a walker, manual wheelchair or a collapsible lightweight electric scooter (100 lbs/45 kg or less). Guests using such mobility aids must be capable of navigating a few steps to get on and off the coach and boat. Wheelchairs or electric scooters will be stowed in the coach's luggage compartments and retrieved at the park for guests to use. The order of stops visited may vary.

**Adult: € 176.00**  
**Child: € 123.00 .**

**PLI40 - MONSTER BUS & RAINFOREST EXPEDITION**

English, Italian, French, German, Spanish

Excursion details Set off on a sightseeing trip with a difference on this excursion, which lets you view Costa Rica's dramatic landscapes from the windows of a Monster Bus, with stops along the way for photos, a nature stroll and a visit to a village. After boarding the bus, head off on the first leg of the trip, which lasts approximately one hour and takes you through small towns and roads that run near the Banano River, which is part of the Banano River Basin Protected Zone. After a comfort stop of about 15 minutes, the Monster Bus will travel for about 30 minutes towards the local rainforest. If weather permits, the bus will stop briefly for complimentary drinks and snacks, after which you'll have around 35 minutes to stroll through the rainforest on a guided walk and take photos. Your guide will point out various flora and fauna around the rainforest (although sightings cannot be guaranteed). You'll also visit a nearby village for around 20 minutes to learn about the local community. Then return to the Monster Bus for a drive of about 25 minutes to a for a view from the bus of a banana plantation nestled in a small valley. After learning how bananas are grown, it's time for the drive back to the port, which takes approximately 45 minutes. Important Information: Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Guests are recommended to wear light clothing, comfortable walking shoes, a hat or visor, insect repellent and high-factor sunscreen as well as to bring rainwear in case of inclement weather. Guests will need to be able to climb 8 steps to get in and out of the Monster bus.

**Adult: € 96.00**  
**Child: € 67.00 .**

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**PLI41 - SCENIC DRIVE & CARIBBEAN SHOW**

English, Spanish

Excursion details Nature and culture combine in this excursion exploring Costa Rica, lasting about two and a half hours. A coach will drive you past plantations before dropping you off at a venue for a Caribbean dance show, and your onboard guide will give you information about sights you pass and local history. The excursion starts with a scenic drive of around one hour, during which you'll pass through a historic Limón neighbourhood, which you can learn more about from your guide. The bus will also pass Limón Airport, banana and cassava plantations, and the coastline as you head to a venue for a cultural performance. Boosted by the Tortuguero Canals as your background, you'll enjoy a live show of about 45 minutes (preceded by a comfort break of about 15 minutes), featuring local dancers in colourful dress performing to Caribbean rhythms. Afterwards you'll have approximately 15 minutes for a snack and - time permitting - souvenir shopping before the bus makes the approximately 30-minute drive back to the port, passing the sands of Playa Bonita and downtown Limón on route. Important Information: Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Guests are recommended to wear light, comfortable clothing, a hat, insect repellent and high-factor sunscreen. In addition, it is advisable to take a light rain jacket as it may rain in Limón.

**Adult: € 58.00****Child: € 41.00 .****PLI43 - PROTECTOURS: CULTURE & SOUL FOOD IN HISTORICAL PUERTO LIMÓN**

English, Spanish

See the highlights of Puerto Limón during this approximately four-hour excursion. A combined bus and walking tour, it includes visits to landmarks such as the historical Parque Balvanero Vargas, local food at the former United Fruit Company and souvenir shopping at an artisans' market. Excursion details Spend a few hours exploring the delights of Puerto Limón on this bus and walking tour, lasting around four hours. Meet your guide at the pier and board your bus for a short journey to Parque Balvanero Vargas in downtown Limón. After disembarking, enjoy a guided walk of the peaceful seaside park, named after the governor who oversaw its construction. Continue past the former city hall and along the old jetty for views of Isla Uvita, a small island thought to have been visited by Christopher Columbus for boat repairs on his final voyage in 1502. This section of the tour lasts around one hour in total and ends at Galería del Pasaje Cristal, which showcases local art. Next, you'll board the bus for a coastal sightseeing drive lasting about 20 minutes. Sit back and enjoy views of the Caribbean Sea on the way to Playa Bonita, where we will make a short stop to take in the sights of the beach. Then, reboard your bus for a short return drive to Puerto Limon town. Arriving at the House of Culture, you'll enjoy a live calypso music and dance performance (with the possibility to join in), offering a glimpse into Limón's vibrant cultural heritage. After the show there's some free time, which can be used for souvenir shopping. Afterwards, board the bus again for a journey of 20 minutes or so. Arrive at the former United Fruit Company building, a historical landmark associated with Costa Rica's colonial past, where G&E Chocolate Adventure is now based. Here, you'll spend approximately 40 minutes watching local chefs prepare dishes such as rice and beans and plantintá, a kind of plantain turnover, before tasting them. A short walk then brings you back to the Puerto Limón port terminal, where you'll have approximately 20 minutes to shop for souvenirs at an artisan's market before making the short journey back to the ship on foot, at your own pace. Important Information: The tour order may vary. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Guests should be able to walk at least 1.6km (1mile) as the tour involves a considerable amount of walking and must be able to do approximately 25 steps up to the United Fruit Company's second floor for the cooking lesson. The tour is not unsuitable for guests of limited mobility. Guests are recommended to wear comfortable shoes and high-factor sunscreen as well as to bring a hat.

**Adult: € 95.00****Child: € 66.00 .**

**PLI44 - RAINFOREST SKY WALK**

English, Spanish

Discover the richness of the rainforest while you walk along beautiful trails and see the most amazing shapes of green vegetation appear before your eyes. Your adventure begins when you arrive to the first of three suspended bridges, exploring a unique and thrilling way to observe the fascinating rainforest canopies. Each of these bridges stretch between 55 and 200 feet and up to 165 feet above the ground. As you continue your way through tropical plants and giants trees, your naturalist tour guide will point out some of the best features of this lush forest, filled with exuberant wildlife including monkeys, sloths, several species of birds, butterflies, the beautiful blue jean frog, the green and black frog, etc. During your visit, you will have the chance to observe some coffee, cacao, and sugar cane plants; where you will learn everything about these important crops and why they play a very important role in the local economy. Finally, you will be able to taste some delicious typical snacks before return to pier. Please note: Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Wildlife sightings are not guaranteed. It is advised that guests do not feed or touch any wild animal or use flash photography when photographing them. This tour is suitable for guests who are in good physical condition and are not afraid of high altitudes. It is recommended that guests wear light clothing, comfortable walking shoes, a hat, sunscreen and insect repellent. It is suggested that guests bring a camera, binoculars, a rain poncho and an umbrella.

**Adult: € 94.00****Child: € 66.00 .****PLI46 - MANZANILLO NATURE & BEACH EXCURSION**

English, Spanish

Excursion details Enjoy both time on the beach and urban delights on this excursion, which lasts around seven hours. Your first destination, reached after a 75-minute transfer from the pier, is the Almonds & Corals Boutique Hotel. This impressive venue is nestled in the rainforest, but opens out onto a sandy beach, which you'll be able to enjoy during approximately three hours of free time. Take a dip in the Caribbean Sea, top up your tan on the sands and admire the backdrop of tropical greenery, perhaps by taking a short hike. Fresh fruit and cold water will be available from the hotel during your time on the beach. One beach mat and one towel per person is included too. Afterwards, there's a transfer of 15 minutes or so to Puerto Viejo, an atmospheric coastal town. You'll have around one hour of free time here, which you could use to browse some of the craft shops for local art or find a restaurant for lunch (at guests' expense). Alternatively, you could explore a little or head to one of the town's small beaches. Finally, a transfer drive of around 75 minutes returns guests to the port, concluding the excursion. Important Information: There are lifeguards available at the beach, therefore, swimming is at your own risk. Guests are advised to be cautious of rip currents, strong winds, and waves. Guests are not permitted to swim under the influence of alcohol. Children under the age of 12 must be always accompanied and supervised by a paying adult. Guests must cooperate in keeping the area clean by proper disposal. Nude or topless sunbathing is prohibited. The hotel is not responsible for lost belongings or items left unattended. It is recommended that guests bring a towel, swimsuit, sunscreen, sunglasses, and insect repellent.

**Adult: € 85.00****Child: € 59.00 .****PLI48 - TORTUGUERO CANALS, BANANA PLANTATION, AND RAINFOREST WALKS**

English, Spanish

Explore the region and learn about Puerto Limon's history and people. You will first board an open-air boat for a journey along the peaceful Tortuguero Canals: a complex system of natural and manmade channels. With over 400 species of trees, 2000 species of other plant-life, and a wide array of birds such as herons, egrets and kingfishers, the area might astound you with its biodiversity. Then, explore the rainforest on a guided walk along a cemented walkway, continuing onward to visit a demonstrative banana plantation to learn about this important crop before returning to your ship. Please note: it is recommended that guests bring a light jacket and wear comfortable walking shoes. Guests must be at least 8 years old to participate.

**Adult: € 87.00****Child: € 61.00 .**



**PLI51 - HISTORIC JUNGLE TRAIN RIDE & BANANA PLANTATION TOUR**



Discover the culture and beauty of Limon on this scenic tour. Begin with a drive through the city and countryside, learning about the region's Caribbean heritage and history. Then hop aboard an open-air train, first used in the 1960s to transport coffee and later bananas to European markets. Enjoy views of tropical forests, plantations, and rural towns as you ride through the landscape. Stop at a working banana plantation for a demonstration and learn how this iconic crop is grown and harvested. Before heading back to your ship, browse the plantation's souvenir shop for local products and keepsakes. Guests must be at least 8 years old to participate. Please note: Tour sequence may vary. It is recommended that guests wear comfortable clothes and closed-toe shoes, and bring a camera/binocular, insect repellent and rain gear. While wildlife sightings might be common, they cannot be guaranteed. Guests must be at least 8 years old to participate.

**Adult: € 65.00**  
**Child: € 46.00 .**



**PLI52 - COSTA RICA'S AMAZON, COCOA SHOW, AND CHOCOLATE MAKING**



Over the course of around four hours, enjoy a sweet taste of Costa Rica's nature and culture. The tour includes a boat journey through the canals of the immense Tortuguero National Park, plus an entertaining chocolate show and tasting. Excursion details Both nature enthusiasts and those with a sweet tooth will find plenty to enjoy in this approximately four-hour excursion. The journey begins with a roughly 25-minute drive along Costa Rica's Caribbean coast, bringing you to the edge of Tortuguero National Park. Measuring almost 77,000 hectares, this vast, protected reserve is known for its maze of canals, dense rainforest and incredible biodiversity. After around 15 minutes of boarding onto your gentle flatbottom boat, you'll set off on an approximately 90-minute cruise through the canals. With the help of your guide, look out for all kinds of wildlife that might be spotted on the riverbanks or hidden among orchids and towering palms. Orchids, water lilies, crocodiles, spider monkeys, manatees and otters all reside here, although please note that wildlife sightings can't be guaranteed. There's then a short time to disembark the boat, before 15 minutes to freshen up and enjoy tropical fruit snack. Next, immerse yourself in the sweeter side of the rainforest with an approximately 40-minute chocolate-making workshop led by an entertaining local artisan and set in a tropical garden. The expert will show you the process that turns cacao into cocoa and rich chocolate, while sharing stories of how the plant was once used as medicine and even currency. Sample the end product for yourself, then spend around 15 minutes browsing the onsite shop for treats. A roughly 30-minute transfer then returns to the ship. Important Information: Tour sequence may vary. It is recommended that guests wear light clothing and comfortable shoes. It is also recommended that guests bring sunscreen, cash or credit cards for any additional purchases, and insect repellent. The spotting of wildlife is not guaranteed.

**Adult: € 112.00**  
**Child: € 78.00 .**



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### Legend

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<b>PANORAMIC TOUR</b>	Admire your destination in total comfort, with a scenic coach tour taking in the best views and the main places of interest. The relaxing road to discovery.
<b>MSC PROTECTOURS</b>	Protectours offers you unforgettable experiences while focusing on environmental sustainability in order to preserve a beautiful world for future generations to enjoy.
<b>FAMILY FUN</b>	Take your children on a journey of discovery, with a special programme for kids. The perfect family trip.
<b>MSC BIKE ADVENTOURS</b>	One of the best ways to explore a city is from the seat of a MSC bicycle. See, hear, smell and feel the destination like never before.
<b>SOMETHING SPECIAL</b>	Pursue your interests in new places! From gastronomic tours and guided shopping trips to religious visits, there's a world of pastimes and passions to explore.
<b>CITY TOUR</b>	Explore the city centre with a guided tour and soak up the local scenery with a comfortable coach ride. The easy way to get to know your destination.
<b>CULTURE AND HISTORY</b>	Learn all about the history and culture of your destination, with visits to must-see locations and guided tours of key sites. The ideal route to local knowledge.
<b>SPORT AND ADVENTURE</b>	Head ashore in search of adventure! Opportunities for sport and fun range from trekking and snorkelling to kayak tours and 4x4 vehicle adventures. The active choice.
<b>SEA AND SUN</b>	Treat yourself to some pure relaxation, basking on a beautiful beach or enjoying the stunning views on a scenic boat trip. A winner for sea and sun lovers.
<b>WONDER OF NATURE</b>	Immerse yourself in spectacular scenery and discover the fascinating flora and fauna of your destination. Your passport to the wonders of the natural world.
<b>EASY &amp; ACCESSIBLE</b>	Leisurely explore the best each destination has to offer, in small groups, on tailor-made itineraries for slow walkers and people with limited mobility. Up-close experiences available for everyone.

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